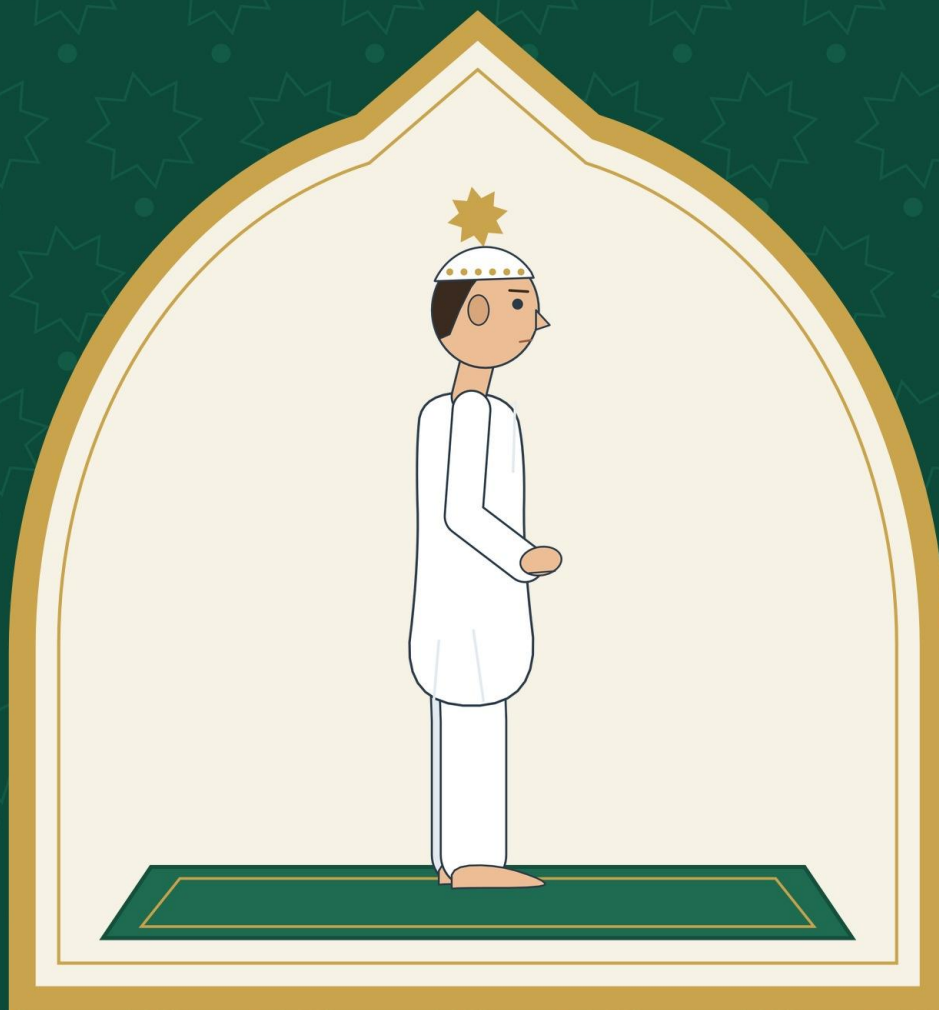


A COMPLETE ILLUSTRATED STEP-BY-STEP GUIDE

PRACTICAL NAMAZ LESSON

FOR BOYS



Qiyām • Rukū' • Sajdah • Qa'dah • Salām

The practical method of Ṣalāh, step by step,
with a picture for every position

According to the Ḥanafī method



LESSON

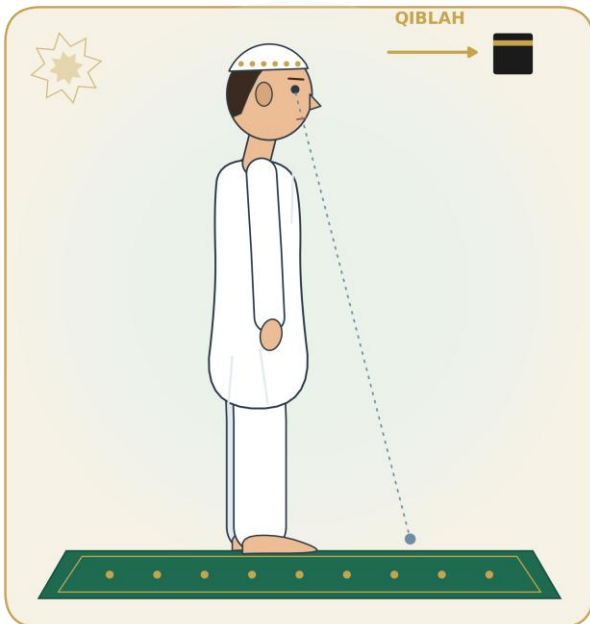
1

How to Pray — Step by Step

*The complete method of a two-rak'ah Ṣalāh (e.g. the fard of Fajr)***Before you start**

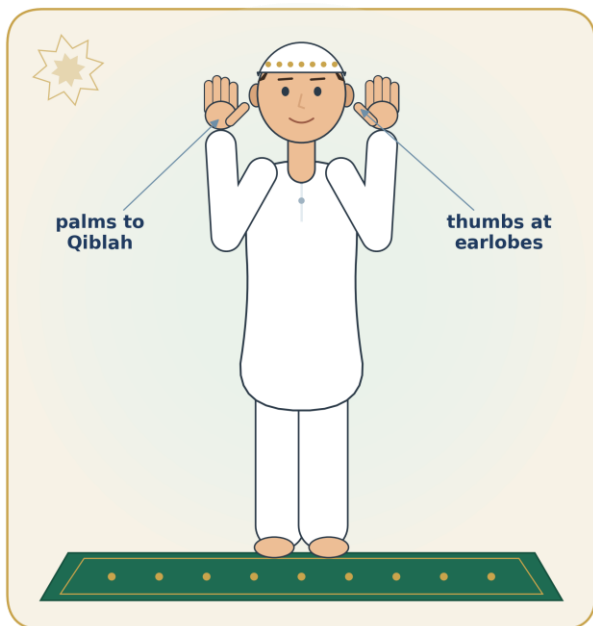
Make sure you have **wuḍū'**, your body, clothes and prayer place are **clean**, your body is covered from the **navel to below the knees** (wear a kurta, shalwar above the ankles and a topī), the **time** of the Ṣalāh has begun, and you are **facing the Qiblah**.

Follow the steps in order. Look at each picture, copy the posture, and learn the words. Every position should be done **calmly** — never rush.

The First Rak'ah**STEP 1 Stand facing the Qiblah — Niyyah**

- ◆ Stand straight on the prayer mat facing the **Qiblah**, with feet about **four fingers apart** and toes pointing to the Qiblah.
- ◆ Keep your eyes on the **place of sajdah**.
- ◆ Make the **intention** in your heart: e.g. "I am praying two rak'āt fard of Fajr, for Allah, facing the Qiblah." Saying it with the tongue is also fine.

STEP 2 Takbīr al-Taḥrīmah — Opening Takbīr



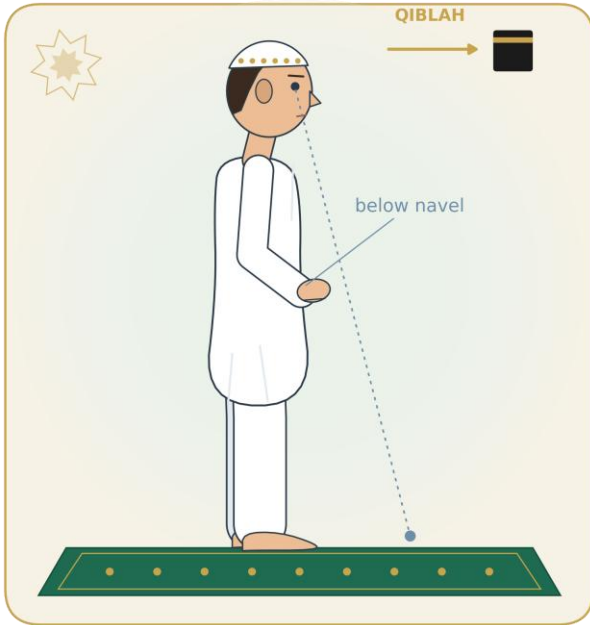
- ◆ Raise both hands so the **thumbs touch the earlobes**, with **palms facing the Qiblah** and fingers in their natural position.
- ◆ Now you have entered Ṣalāh: do not talk, look around or move unnecessarily.

SAY

الله أكبر

“Allah is the Greatest.”

STEP 3 Qiyām — Folding the Hands



- ◆ Bring the hands down and fold them **just below the navel**.
- ◆ Place the **right hand over the left**: make a ring around the left wrist with the right **thumb and little finger**, and lay the other three fingers along the left forearm.
- ◆ Keep looking at the place of sajdah and read the following **quietly**, in this order.

1 · THANĀ' — PRAISE

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالَى جَدُّكَ، وَلَا إِلَهَ غَيْرُكَ

"Glory be to You, O Allah, and all praise is Yours. Blessed is Your Name, exalted is Your Majesty, and there is no god besides You."

2 · TA'AWUDH — SEEKING PROTECTION

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

"I seek the protection of Allah from Shayṭān, the rejected."

3 · TASMIYAH

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"In the name of Allah, the Most Gracious, the Most Merciful."

STEP 4 Recite Sūrah al-Fātiḥah

- ◆ Still standing with hands folded (as in Step 3), recite **Sūrah al-Fātiḥah** clearly and correctly, then say **Āmīn** quietly.
- ◆ Al-Fātiḥah is recited in **every rak'ah** of every Ṣalāh.

SŪRAH AL-FĀTIḤAH (1)

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١﴾

الرَّحْمَنِ الرَّحِيمِ ﴿٢﴾ مَالِكِ يَوْمِ الدِّينِ ﴿٣﴾

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٤﴾ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٥﴾

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

وَلَا الضَّالِّينَ ﴿٦﴾

آمِينَ

(1) In the name of Allah, the Most Gracious, the Most Merciful. (2) All praise is for Allah, Lord of all the worlds, (3) the Most Gracious, the Most Merciful, (4) Master of the Day of Judgement. (5) You alone we worship, and from You alone we ask for help. (6) Guide us to the straight path — (7) the path of those You have blessed, not of those who earned Your anger, nor of those who went astray.

Āmīn (said quietly): O Allah, accept our prayer.

STEP 5 Recite another Sūrah

- ◆ In the **first two rak'āt**, after al-Fātiḥah, recite a sūrah or at least **three short verses** (or one long verse). Begin a new sūrah with **Bismillāh** quietly.
- ◆ For example, **Sūrah al-Ikhlāṣ** below.

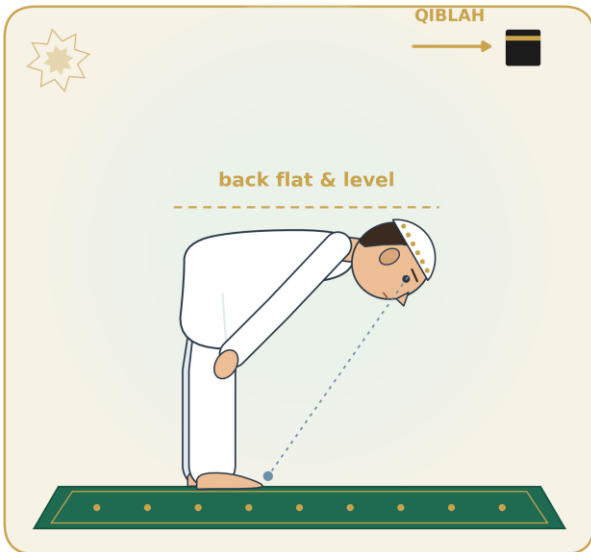
SŪRAH AL-IKHLĀṢ (112)

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾

لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

“(1) Say: He is Allah, the One. (2) Allah, the One whom all need, who needs no one. (3) He has no children, nor was He born. (4) And there is none equal to Him.”

STEP 6 Rukū' — Bowing



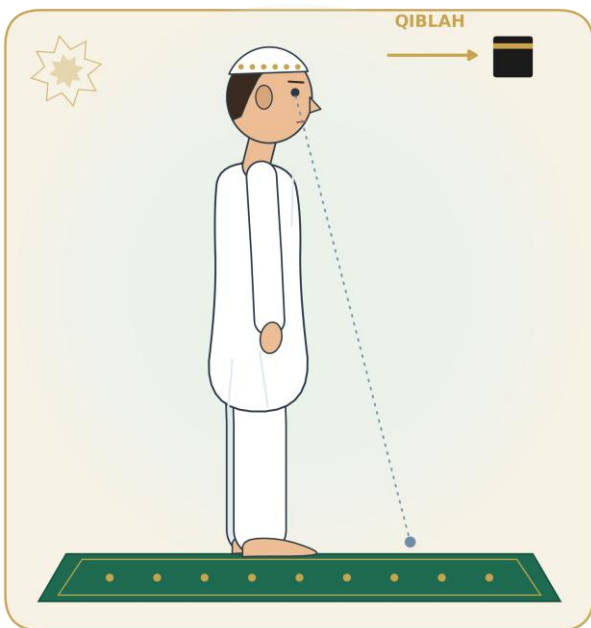
- ◆ Say **Allāhu Akbar** while bending down.
- ◆ Hold the **knees** with the fingers **spread apart**. Keep the **arms straight** and away from the sides.
- ◆ Make the **back flat**, with the **head level** with the back. Keep the legs straight and look at your **feet**.

SAY 3 TIMES (or 5, or 7)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

"Glory be to my Lord, the Most Great."

STEP 7 Qawmah — Standing up from Rukū'



- ◆ Rise back to a **fully straight** standing position with the arms hanging by your sides.
- ◆ Stand still for a moment before going down — this calmness is wājib.

WHILE RISING SAY

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

"Allah hears the one who praises Him."

WHEN STANDING STRAIGHT SAY

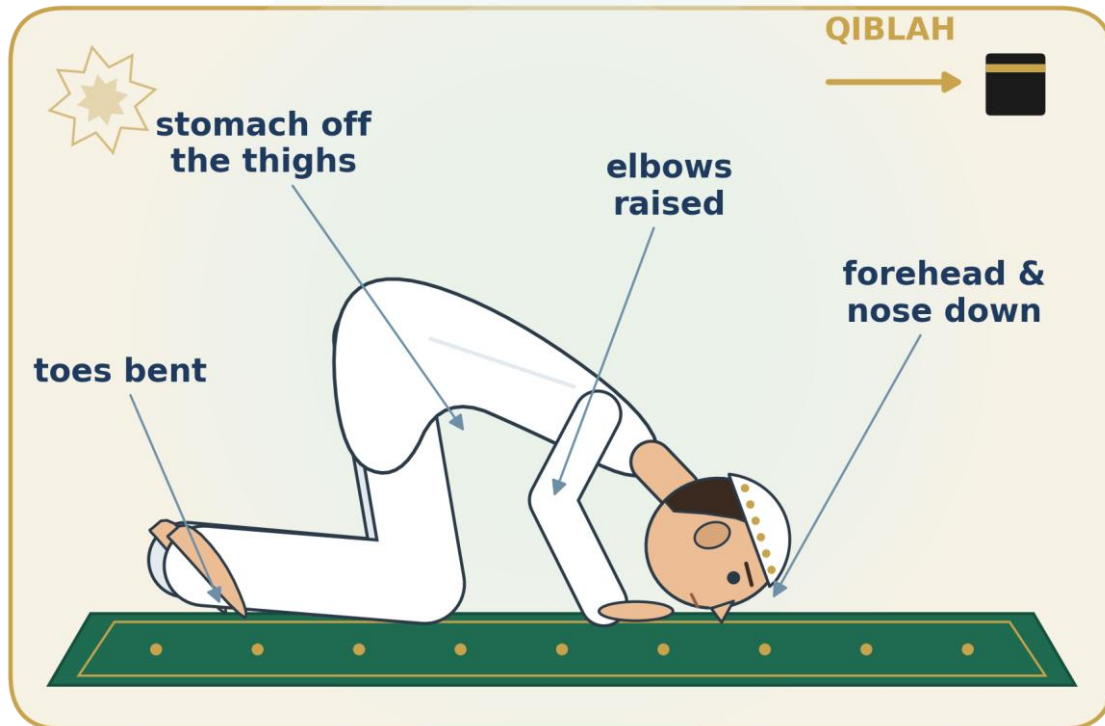
رَبَّنَا لَكَ الْحَمْدُ

"Our Lord, all praise belongs to You."

In congregation

Behind an imām, the imām says **Samī'allāhu liman ḥamidah** and the followers say only **Rabbanā lakal-ḥamd**. When praying alone, say both.

STEP 8 Sajdah — Prostration (first)



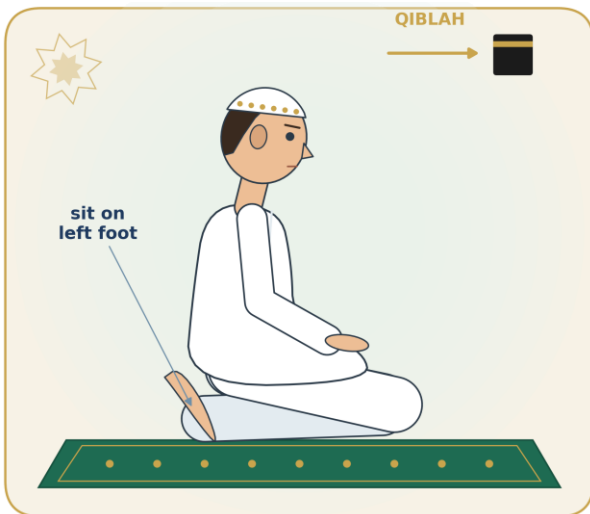
- ◆ Say **Allāhu Akbar** while going down. Put down, in this order: **knees**, then **hands**, then **nose**, then **forehead**.
- ◆ Place the face **between the two hands**, with the thumbs in line with the earlobes. Keep the **fingers together**, pointing to the Qiblah.
- ◆ Keep the **elbows raised** off the ground and away from the sides, and the **stomach away from the thighs**.
- ◆ Both feet stay upright on the ground with the **toes bent towards the Qiblah**. Do not lift the feet.

SAY 3 TIMES (or 5, or 7)

سُبْحَانَ رَبِّيَ الْأَعْلَى

"Glory be to my Lord, the Most High."

STEP 9 Jalsah — Sitting between the two Sajdahs



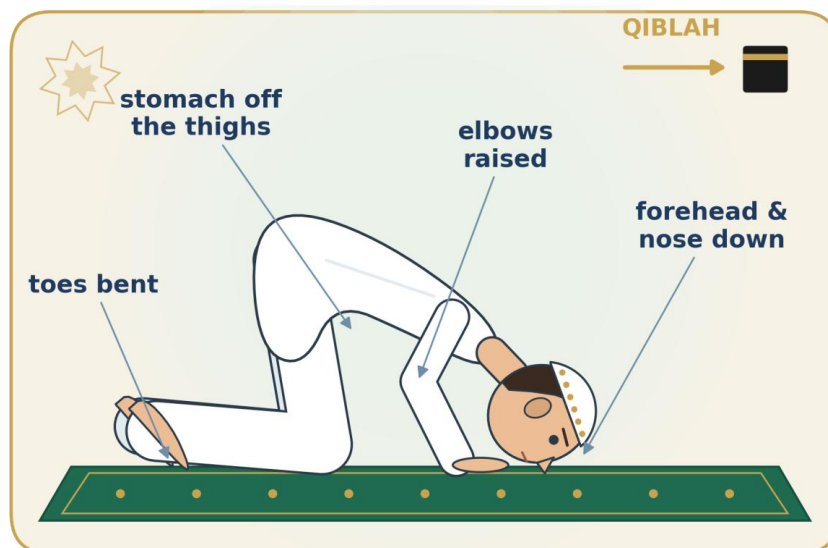
- ◆ Say **Allāhu Akbar** and rise: first the forehead, then the nose, then the hands.
- ◆ Sit on the **left foot**, laid flat on the ground; keep the **right foot upright** with its toes bent towards the Qiblah.
- ◆ Place the hands on the thighs, fingers towards the knees. Sit **calmly** for at least as long as it takes to say “Subhān Allāh”.

YOU MAY SAY

اللَّهُمَّ اغْفِرْ لِي

“O Allah, forgive me.”

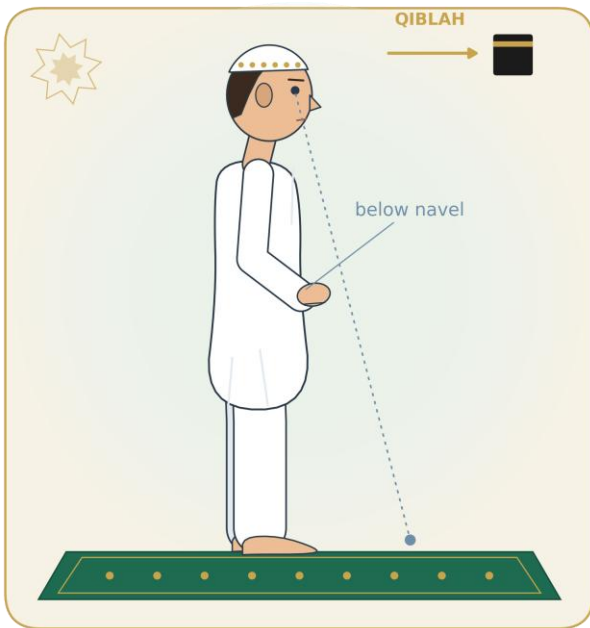
STEP 10 Second Sajdah



- ◆ Say **Allāhu Akbar** and go into the **second sajdah** exactly as in Step 8, saying **Subhāna rabbiyal-a'lā** three times.
- ◆ This completes the **first rak'ah**.

The Second Rak'ah

STEP 11 Stand up for the second rak'ah



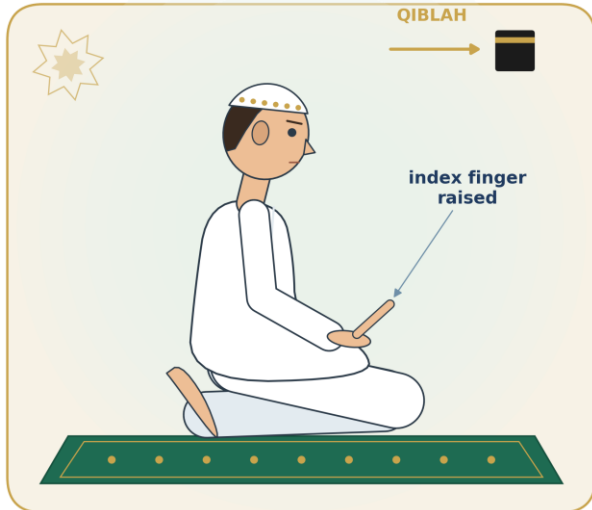
- ◆ Say **Allāhu Akbar** and stand up on the front of the feet, pressing the **hands on the knees** — without sitting down first and without pushing on the ground (unless you need to).
- ◆ Fold the hands below the navel again.
- ◆ Now read **Bismillāh**, **al-Fātiḥah**, and **another sūrah** — there is **no** Thanā' and **no** Ta'awwudh in the second rak'ah.
- ◆ Then do **rukū'**, **qawmah**, **two sajdahs** and **jalsah** exactly as in the first rak'ah (Steps 6–10).

Quick memory aid

Rak'ah 1: Thanā' → Ta'awwudh → Bismillāh → Fātiḥah → Sūrah → Rukū' → Qawmah → Sajdah → Jalsah → Sajdah

Rak'ah 2: Bismillāh → Fātiḥah → Sūrah → Rukū' → Qawmah → Sajdah → Jalsah → Sajdah → **Sit for Tashahhud**

STEP 12 Qa'dah — Sitting for Tashahhud



- ◆ After the second sajdah of the second rak'ah, say **Allāhu Akbar** and sit as you sat in jalsah.
- ◆ Keep the hands on the thighs and look at your lap. Recite the **Tashahhud** below.
- ◆ At “ash-hadu an lā”, make a ring with the thumb and middle finger of the right hand, fold the last two fingers, and **raise the index finger**. Lower it at “illallāh”, keeping the ring until the end of the Ṣalāh.

TASHAHHUD (AT-TAḤIYYĀT)

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ،

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ،

السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ،

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

“All greetings, prayers and pure words are for Allah. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon the righteous servants of Allah. I bear witness that there is no god but Allah, and I bear witness that Muhammad is His servant and Messenger.”

13 · DURŪD IBRĀHĪM — BLESSINGS UPON THE PROPHET ﷺ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ

وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ،

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ

وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

“O Allah, send Your mercy upon Muhammad and upon the family of Muhammad, as You sent mercy upon Ibrāhīm and upon the family of Ibrāhīm; indeed You are Praiseworthy, Most Glorious. O Allah, send Your blessings upon Muhammad and upon the family of Muhammad, as You sent blessings upon Ibrāhīm and upon the family of Ibrāhīm; indeed You are Praiseworthy, Most Glorious.”

In the **last sitting**, after the Tashahhud, continue with the Durūd above and then a du‘ā’. The most commonly taught du‘ā’ is:

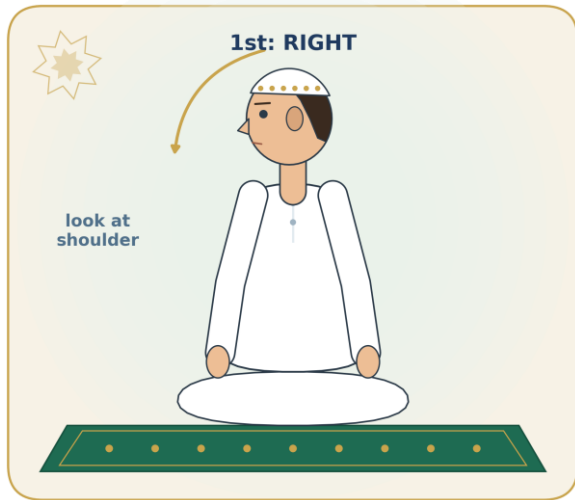
14 · DU‘Ā’ BEFORE SALĀM

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءً ﴿٤٠﴾

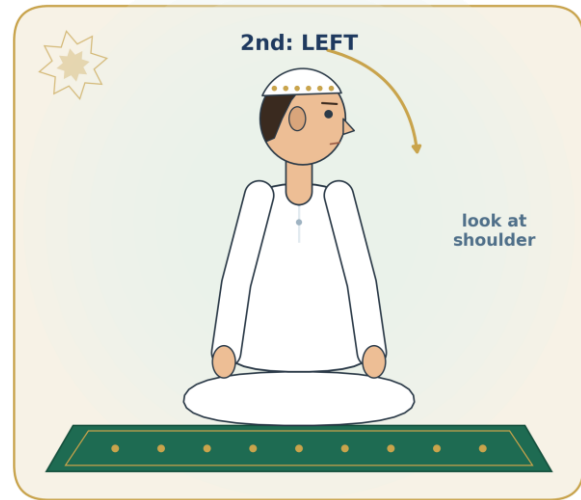
رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ﴿٤١﴾

“My Lord, make me one who establishes the prayer, and my children too. Our Lord, accept my prayer. Our Lord, forgive me, my parents and all the believers on the Day when the account is set up.” (Sūrah Ibrāhīm 14:40–41)

Step 15 — Salām: Finishing the Ṣalāh



Turn the face to the right until the cheek can be seen from behind.



Then turn the face to the left in the same way.

SAY TO THE RIGHT, THEN TO THE LEFT

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

“Peace be upon you and the mercy of Allah.”

Intention in the salām

With each salām, intend to greet the **angels** and the Muslims on that side. After the salām, the Ṣalāh is **complete**. Alḥamdulillāh!

LESSON

2

Three and Four Rak'āt, and Witr

What changes when a Ṣalāh is longer than two rak'āt

Every Ṣalāh is built from the same rak'ah you have learnt. For prayers of three or four rak'āt, only a few things change:

★ 1. The first sitting (Qa'dah Ūlā)

After the second rak'ah, sit and read **only the Tashahhud** (up to “abduhū wa rasūluh”). Do **not** read the Durūd here. Then say **Allāhu Akbar** and **stand up** for the third rak'ah.

★ 2. The third and fourth rak'āt

- ◆ In the **fard** of Ṣuḥr, Aṣr, Maghrib and 'Ishā', read **only Bismillāh and Sūrah al-Fātiḥah** in the 3rd and 4th rak'āt — no extra sūrah.
- ◆ In **Sunnah, Nafl and Witr** prayers, read al-Fātiḥah **and a sūrah in every rak'ah**.
- ◆ After the **last rak'ah**, sit for the **final sitting** and read Tashahhud, Durūd, du'ā' and the salām.

Fajr (2)	Rak'ah 1 Fātiḥah + Sūrah	Rak'ah 2 Fātiḥah + Sūrah Final sitting → Salām		
Maghrib (3)	Rak'ah 1 Fātiḥah + Sūrah	Rak'ah 2 Fātiḥah + Sūrah First sitting: Tashahhud	Rak'ah 3 Fātiḥah only Final sitting → Salām	
Ṣuḥr, Aṣr, 'Ishā' (4)	Rak'ah 1 Fātiḥah + Sūrah	Rak'ah 2 Fātiḥah + Sūrah First sitting: Tashahhud	Rak'ah 3 Fātiḥah only	Rak'ah 4 Fātiḥah only Final sitting → Salām

This chart is for the **fard** rak'āt. Gold boxes = first sitting (Tashahhud only). Green boxes = final sitting (Tashahhud, Durūd, du'ā' and salām).

☀ Ṣalāt al-Witr — 3 rak‘āt (wājib) after ‘Ishā’

1. Pray the first **two rak‘āt** like any Ṣalāh (Fātiḥah + sūrah in each) and sit for **Tashahhud only**.
2. Stand for the **third rak‘ah** and read **al-Fātiḥah and a sūrah**.
3. Before rukū‘, say **Allāhu Akbar** and **raise the hands to the ears** as in the opening takbīr, then fold them again below the navel.
4. Read **Du‘ā’ al-Qunūt** (below) quietly, then go into rukū‘ and finish the Ṣalāh normally with the final sitting and salām.

DU‘Ā’ AL-QUNŪT

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ وَنُثْنِي عَلَيْكَ الْحَمْدَ،

وَنَشْكُرُكَ وَلَا نَكْفُرُكَ، وَنَخْلَعُ وَنَتَرَكُ مَنْ يَفْجُرُكَ،

اللَّهُمَّ إِنَّا نَعْبُدُكَ وَنُصَلِّيُكَ وَنَسْجُدُكَ، وَإِلَيْكَ نَسْعَى وَنُحْفِدُ،

وَنَرْجُو رَحْمَتَكَ وَنَخْشَى عَذَابَكَ، إِنَّ عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ

“O Allah, we ask You for help and seek Your forgiveness; we believe in You and put our trust in You; we praise You in the best way, we thank You and are not ungrateful to You; and we cast off and leave anyone who disobeys You. O Allah, You alone we worship; to You we pray and before You we prostrate; to You we hurry and strive to serve You. We hope for Your mercy and fear Your punishment. Surely, Your punishment will reach the disbelievers.”

Not memorised Qunūt yet?

Until you learn it, you may read “**Rabbanā ātinā fid-dunyā ḥasanah, wa fil-ākhirati ḥasanah, wa qinā ‘adhāban-nār**” or say “Allāhummagfir lī” three times. Keep practising until you know the Qunūt by heart.